

Messages with +19178499696

5 Messages / 2022-07-10 / Extracted at 07:45:02 AM

01-01-2019, 00:06

<https://youtu.be/T5sOh4gKPIg>

01-01-2019, 17:50

Hunter. Gabor mate is amazing I hope you feel more connected and less alone. We have so many people around us yet so often feel desperately alone because we can not be honest about the truth of our story. Even to ourselves. I am healing that pain today...a lil more each day so im not a prisoner to any addiction...you are not alone...i hear u and i understand your story...you matter! Call or text me anytime. e Givcoda and ACA a chance. Thats where i have healed in the deepest of ways. Look into emdr and internal family systems therapy! In confidence, nina m

01-01-2019, 22:10

Very helpful to me Nina. I know I am probably engagingly some avoidance here but truth is I'm worried about our mutual friend who is such a sweet soul but a horrible person to be trapped in a hotel room trying to get sober. Really I have been at this in recovery and in active use most my life-amazing to think really. I had my first drink at 12 years old and even in the long term sobriety that I've achieved and I'm proud of life has been a roller coaster with of epic proportions (of course it's epic I'm an alcoholic everything's unique and epic!).

e Thone thing that Dr Masé doesn't address (probably

01-01-2019, 23:12

So sorry for the late response Maria has her own journey...save yourself! Focus on your recovery nothing else! U can do it...i promise. Let yourself feel the rage the hurt the grief the sadness the burning emptiness the terrible loneliness and then let yourself feel it even more. Let yourself feel all of that in the presence of compassionate loving people who can hold you and hear you. This is how you will heal I promise... Diamonds are made from intense heat and pressure...u will shine bright after u feel all that... The tears are the disease dying...aim to cry...u have so much to grieve...u never fully grieved for your mom...do it today...u will no longer need to get high if u do that for a short while...it will change your life i promise. You are not alone...g prayinfor u! Nina

07-01-2019, 15:20

Hi Hunter hope u got this text. Let yourself feel the rage the hurt the grief the sadness the burning emptiness the terrible loneliness and then let yourself feel it even more. Let yourself feel all of that in the presence of compassionate loving people who can hold you and hear you. This is how you will heal I promise... Diamonds are made from intense heat and pressure...u will shine bright after u feel all that... The tears are the disease dying...aim to cry...u have so much to grieve...u never fully grieved for your mom...do it today...u will no longer need to get high if u do that for a short while...it will change your life i promise. You are not alone...g prayinfor u! Nina